

Epi Update for Friday, July 19, 2019
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's Epi Update include:

- **Cyclosporiasis reports increasing in Iowa**
- **Increase in pertussis in Southeast Iowa**
- **Ebola Outbreak in the DRC declared public health emergency**
- **In the news: Measles is killing more people in the DRC than Ebola, and faster**
- **In the news: A mix of these foods could restore healthy microbes in malnourished kids**
- **In the news: Your lifestyle can lower your dementia risk, even if you have high genetic risk, study says**
- **Infographic: People of all ages need whooping cough vaccines**
- **Meeting announcements and training opportunities**

Cyclosporiasis reports increasing in Iowa

Cyclosporiasis reports are increasing in Iowa, with 48 cases reported since June 1. To date, no Iowa-specific clusters have been identified and cases are spread across the state. *Cyclospora* infections are most commonly reported in the summer and reports are also increasing nationwide.

Health care providers should consider cyclosporiasis in patients presenting with persistent watery diarrhea, loss of appetite, cramping, bloating, gas, nausea and fatigue. If untreated, symptoms can persist for several weeks to months. If cyclosporiasis is suspected, please collect a stool specimen and request *Cyclospora*-specific testing, either via acid-fast staining on an O&P or via PCR testing. Trimethoprim-sulfamethoxazole (TMP-SMX) is the preferred and most effective treatment for *Cyclospora* infection.

Laboratories, please send *Cyclospora*-positive specimens (including those tested via PCR) to SHL for further characterization. There is no fee for this additional characterization. Submitters will not receive a final report. Specimens may be submitted in Cary-Blair, Total-Fix, Proto-Fix, Eco-Fix or no preservative. Samples in formalin are not accepted. The preservative and diagnostic method used should be written on the submission form, available at www.shl.uiowa.edu/news/files/sendingcyclosporashl.pdf.

For questions, contact IDPH's Center for Acute Disease Epidemiology at 800-362-2736.

For more information about cyclosporiasis, visit www.cdc.gov/parasites/cyclosporiasis/.

Increase in pertussis in Southeast Iowa

There has been a recent increase in pertussis cases reported in Southeast Iowa, especially among populations with low vaccination rates. Pertussis spreads easily from person to person through coughing and sneezing, and one person with pertussis can infect up to 12 to 15 people. Babies are at greatest risk for serious complications. About half of babies younger than 1 year old who get pertussis are hospitalized, and 1 out of 100 babies who get treatment in the hospital die.

Testing for pertussis is performed most commonly via PCR on a nasopharyngeal (NP) swab. Patients diagnosed with pertussis should stay home until five full days of appropriate antibiotic treatment or until their cough has lasted 21 days. During follow-up, local public health agencies may recommend that household contacts and other close contacts of a reported case take antibiotics as post-exposure prophylaxis, based on several criteria.

Vaccination is the best way to prevent pertussis. Children are recommended to start the DTaP series at 2 months of age, receiving a total of six doses throughout childhood. Pertussis vaccination is also recommended for pregnant women during each pregnancy. Any adult who has never been vaccinated for pertussis is also recommended to receive the vaccine.

For more information about pertussis, visit www.cdc.gov/pertussis/index.html.

Ebola Outbreak in the DRC declared public health emergency

The ebola virus disease outbreak in the Democratic Republic of the Congo has continued for almost a year with over 2,500 cases and approximately a 66% case-fatality rate. Additionally, a case was recently reported in Goma, which is a city with almost 2 million people located near the Rwandan border. This week the World Health Organization declared the situation a Public Health Emergency of International Concern (PHEIC). These declarations are made when an extraordinary event poses a public health threat to other nations and requires a coordinated international response. A PHEIC declaration can help enhance support and coordinate resources to serve the affected region.

It is important to note that the risk to the United States remains *low* and there are no current recommendations for routine airport or point of entry screenings outside of the affected region. However, this serves as an important reminder to health care facilities to review infection prevention and control processes to safely identify and manage patients with communicable infections. An assessment of recent travel remains an important part of a patient visit and can inform risk for a variety of illnesses. The Iowa Department of Public Health is available to consult as needed.

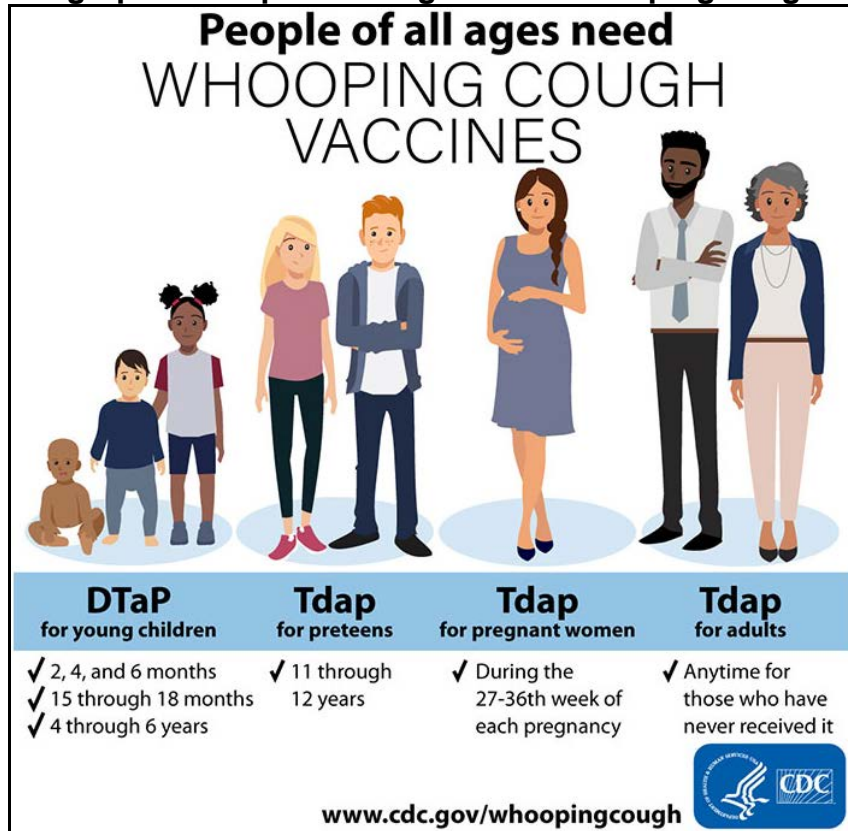
For more information, visit <https://www.cdc.gov/media/releases/2019/p0717-ebola.html>.

In the news: Measles is killing more people in the DRC than Ebola, and faster
arstechnica.com/science/2019/07/measles-is-killing-more-people-in-the-drc-than-ebola-and-faster/

In the news: A mix of these foods could restore healthy microbes in malnourished kids
www.npr.org/sections/goatsandsoda/2019/07/11/740820882/a-mix-of-these-foods-could-restore-healthy-microbes-in-malnourished-kids

In the news: Your lifestyle can lower your dementia risk, even if you have high genetic risk, study says
www.cnn.com/2019/07/14/health/dementia-risk-lifestyle-study/index.html

Infographic: People of all ages need whooping cough vaccines



To view in full size, visit www.cdc.gov/pertussis/vaccines.html.

Meeting announcements and training opportunities

CDC and STRIVE (States Targeting Reductions in Infections Via Engagement) have announced the latest of 11 new infection control training courses, *Strategies for Preventing HAIs*. These courses are intended for the infection prevention team, hospital leaders, clinical educators, nurse and physician managers, environmental services managers, all patient care staff, and patient/family advisors. Additional courses will be launched over the summer. All courses are free and offer continuing education (CE). For more information, visit www.cdc.gov/infectioncontrol/training/strive.html?deliveryName=DHQP_425-DM4655.

Have a healthy and happy week!

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